

# FRIDAY NIGHT FACTS

OFFICE OF FAITH-BASED AND COMMUNITY INITIATIVES



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## From the Desk of Lt. Governor Skillman

*Last week, during a tour of Camp Atterbury, I had the opportunity to meet with a fantastic group, Operation Military Kids (OMK). They arrived with their mobile technology lab to record Christmas greetings for the troops overseas. This was the same group I visited with at the State Fair last summer, and I am always impressed with their compassion and support for our troops. I recorded a greeting with them, and only wish I could see the faces of the deployed soldiers when they watch the videos we made for them.*

*I know our troops will be receiving many messages like the one I recorded. Not only did OMK help us make video recordings, we have boxes of cards to send to the Middle East this year. Thanks to the love and support of classrooms, 4H members, state employees and many others, we collected over 2,300 cards for our men and women in uniform this year. They will be shipped for the Holidays, and from what I've read of them, I think they will be well received.*

*As you gather with your loved ones this year, remember those whose Christmases are white with sand, not snow. They will long for home this year, but they are giving us a tremendous gift, the sacrifice of service.*



## Baby, it's cold outside

Although it's tempting to sit in front of the television sipping hot chocolate while wrapped in a blanket, the cold weather months are actually great for exercising outdoors. That's because you actually burn more calories while your body works hard to stay warm. Here are some activities to keep you toasty while working out in the winter air:

- Downhill skiing (287 calories). This high-intensity activity increases endurance, gives your abs a workout and improves muscle strength.
- Sledding (226 calories). The real thrill is flying down the hill, but the workout comes on the trek back to the top. It's even better if the sled you're pulling happens to have a child still attached to it!
- Snow shoveling (200 calories). This activity is similar to lifting weights – especially if the snow is wet. You'll get a full-body workout and the benefit of a clear sidewalk and driveway. Adults who aren't physically fit may want to consult with a physician before tackling this task.
- Ice skating (moderate: 165 calories; vigorous: 300 calories). Another full-body workout, skating also increases endurance, balance and coordination – similar to a light jog or run.

\*Activities based on (a healthy) 145 lb. woman working out for 30 minutes.

If it is too cold for you, there are other ways to keep your workout interesting without wearing snow boots or gloves. Enroll in a water aerobics class, pick up a few exercise videos to do at home or engage in a family Dance Dance Revolution competition.

And after your workout, curl up under the blanket with a bowl of this healthy (and delicious) warm soup. It's perfect for a cold winter day.



### Corn Chowder

(yield 4 servings)

#### Ingredients

- 1 Tbsp vegetable oil
- 2 Tbsp celery, finely diced
- 2 Tbsp onion, finely diced
- 2 Tbsp green pepper, finely diced
- 1 10 oz package frozen whole kernel corn
- 1C raw potatoes, peeled, diced in 1/2 inch pieces
- 2 Tbsp fresh parsley, chopped
- 1C water
- 1/4 tsp salt
- To taste black pepper
- 1/4 tsp paprika
- 2 Tbsp flour
- 2 C low fat or skim milk

#### **Cooking Instructions:**

1. Heat oil in medium saucepan. Add celery, onion and green pepper and sauté for two minutes.
2. Add corn, potatoes, water, salt, pepper and paprika. Bring to boil, then reduce heat to medium. Cook covered for about 10 minutes or until potatoes are tender.
3. Place ½ cup of milk in jar with tight fitting lid. Add flour and shake vigorously.
4. Gradually add milk-flour mixture to cooked vegetables. Then add remaining milk.
5. Cook, stirring constantly, until mixture comes to boil and thickens. Serve garnished with chopped, fresh parsley.

For more information on activities and recipes visit [www.in.gov/inshape](http://www.in.gov/inshape) or [www.fitcity.info](http://www.fitcity.info)